



Enrollment

Assessed for eligibility (n= 1,256)

Excluded (n= 1,206)

- ◆ Initial screening: Ineligible, declined to participate, or lost contact (n= 1,013)
- ◆ Full screening: Ineligible, declined to participate, or lost contact (n= 193)

Randomized to a sequence (n= 50)

Allocation

Phase 1: Adequate Sleep (n= 24)

- ◆ Received allocated intervention (n= 21)
- ◆ Did not receive allocated intervention (n= 3):
Dropped out prior to/during Phase 1

Phase 1: Sleep Restriction (n= 26)

- ◆ Received allocated intervention (n= 24)
- ◆ Did not receive allocated intervention (n= 2):
Dropped out prior to/during Phase 1

Washout (4-6 weeks)

Phase 2: Adequate Sleep (n= 24)

- ◆ Received allocated intervention (n= 23)
- ◆ Did not receive allocated intervention (n= 1):
Dropped out prior to/during Phase 2

Phase 2: Sleep Restriction (n= 21)

- ◆ Received allocated intervention (n= 17)
- ◆ Did not receive allocated intervention (n= 4):
Dropped out prior to/during Phase 2

Analysis

Analyzed (n= 38 with outcome data)

- ◆ Did not have outcome data (n=12):
 - 10 did not complete the study and did not have measures of glucose and insulin
 - 2 completed the study but did not have measures of glucose and insulin